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TUG LIFE

Halifax's famous Theodore Tugboat gets his hat painted with the help of fire and emergency services members

JEFF HARPER/METRO

## Mail carriers 'very nervous'

LABOUR

Union fears loss of more than 200 jobs in Halifax



Stephanie Taylor  
Metro | Halifax

A cloud of uncertainty hangs over the heads of 227 Canada Post letter carriers as Monday marked the end of door-to-door delivery for neighbourhoods off peninsula Halifax.

The Crown corporation's ongoing switch-over from direct delivery to community mailboxes has put 55 permanent and 172 temporary jobs in jeopardy, accord-

ing to the president of the Canadian Union of Postal Workers, which oversees workers in Halifax.

"The workers are very demoralized," Tony Rodgers said Monday. "People are feeling very nervous and very uncertain at this point in time."

On Monday, about 13,000 homes on the Northwest Arm and Bedford Basin — as well as in Spryfield, Fairview and Clayton Park — were the latest to join the 16,000 other households in central Dartmouth and Bedford-Sackville to lose home delivery.

Another 11,000 homes in Cole Harbour to Eastern Passage will say goodbye to direct service

+ BOTTOM LINE

Canada Post said in 2014 when they announced home delivery cuts that it would save money, as fewer people mail letters.

Sept. 21, Rodgers said.

He added those most immediately affected will be temporary workers, while the remaining 55 full-timers will likely be shuffled around until at least January, when the union's collective agreement with Canada Post expires.

"It's anyone's guess as to how long they'll be working after that."

metr  
More coverage, page 6



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Pet Patrol worker Krystal Morine scans the parking lot in Dartmouth for dogs left inside hot vehicles on Monday. Upon finding an animal left by itself, Pet Patrol workers are expected to contact mall security, who then test the internal temperature of an automobile using a heat detector, monitor the animal's health and contact the owner. JEFF HARPER/METRO

## Dogs in hot cars down 90%: Mall

### SAFETY

### Patrol team, ad campaign credited with decline in rates



**Zane Woodford**  
Metro | Halifax

When it comes to leaving pets in hot cars, it seems people are finally getting the message.

At Mic Mac Mall in Dartmouth, incidents of dogs being left in cars are down nearly 90 per cent this summer.

Marketing director Rebecca Logan said she credits the drop to the mall's Pet Patrol team, and two new ad campaigns at the mall: "Don't leave your valuables in your car," and "Bring your fashion sense, not your pet."

"With these two key messages, and with the help of media, I think people are finally understanding that parking lots are no place for pets," Logan said Monday.



**We love our pets. They're part of our families, and I think people are finally understanding that heat can kill your pet.**

Rebecca Logan, Mic Mac Mall marketing director

The slogans — placed on decals and posters throughout the mall — are new this year, but it's the second year for the Pet Patrol.

After an incident last year in which police had to be called to break into a car and rescue a dog in distress, the mall decided it

needed to do something, and hired students to walk the parking lot looking for dogs in cars.

When they find one, they use a walkie-talkie to call a mall security guard, who comes out with a heat detector to take the temperature in the vehicle and monitor the dog. The mall then

pages the owner of the vehicle.

"We ask that those customers go back to their vehicle and either sit with their pet, or leave the premises," Logan said.

That has happened 50-60 times this year, compared to more than 500 last year.

And that kind of drop isn't just at the mall.

Halifax Regional Police spokeswoman Const. Dianne Woodworth said they don't have statistics on the number of calls for pets in hot cars, but she said it's safe to say they're down "significantly."

"Because of all the attention brought to it, people are leaving their animals home," she said Monday.

"People love their animals, and nobody intentionally wants their animal to suffer, but it's best ... to just leave them at home."

Logan said people are figuring that out, but there is still work to be done.

"We would love to see zero incidents, but that's not the case. People are still bringing their pets to the mall, but not at the same rate they were last year."



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## VEGETATION

## Lake to be cleared of some pesky plants



**Zane Woodford**  
Metro | Halifax

A contractor is set to start harvesting those pesky plants out of Lake Banook in Dartmouth this week, but there's a new species of weed in the lake that's not going anywhere.

Ben Hunter reached out to Metro after noticing weeds washed up along the shores of the lake on his property, and in other areas.

"I started noticing a couple of weeks ago that it was washing up on shore," he said Monday.

"You see it everywhere piled around."

Hunter said the weeds can wreak havoc with boats, and he's concerned they could kill fish if they rot.

He thought the weeds might be leftover from the harvesting process, but Halifax Regional Municipality spokeswoman Jennifer Stairs said Monday that process hadn't started yet.

She said Natural Ocean Products — the company that won the

tender to remove the weeds — began testing equipment in the lake Monday, and will be starting its work this week.

The weeds Hunter — and others on the lake — noticed are a completely different species than the three types the city will be harvesting.

"These ones grow closer to the shoreline, whereas the ones we're harvesting grow at the bottom, in the middle of the lake," Stairs said.

The city's theory is that the new weeds were uprooted during the thunderstorms a few weeks ago, but they haven't confirmed that. Either way, it has no plans to remove the new weeds.

"It's not actually our responsibility to do this," Stairs said.

She said in the case of the weeds the city is having removed, it's only doing so because council went "above and beyond," responding to complaints from paddlers on the lake. The harvesting of the three species being removed will be done over the next two weeks, and Stairs said the work will have a minimal effect on those who use the lake.



**Weeds along a Dartmouth shore Monday. One resident says they could wreak havoc on boats and fish.** JEFF HARPER/METRO

# Three lake deaths in a day unprecedented

## BODY RECOVERY

## Crew response depends on conditions, travel distance



**Haley Ryan**  
Metro | Halifax

The province's RCMP have never seen a day like Sunday, when three men drowned in three separate lakes in the province.

Cpl. Angela Corscadden, spokeswoman for the Nova Scotia RCMP, said Monday it's not uncommon for the recovery dive team to get calls on a hot summer weekend when people have been boating or swimming, but three deaths is very unusual.

"They might have one incident with more than one person drowning at the same time, but they wouldn't have three incidents at the same time," Corscadden said.

A man drowned after falling out of his canoe on Shortts Lake near Truro around 6 a.m., a 58-year-old man drowned after swimming in Dartmouth's Lake Banook at noon, and a 52-year-old man who was found unresponsive in the water of Chocolate Lake in Halifax around 3 p.m. later died in hospital.

Corscadden said the com-



**Members of Halifax Regional Fire and Emergency Services scan waters in Dartmouth Sunday after a report of a drowning.** JEFF HARPER/METRO

7

The number of people on the Nova Scotia RCMP dive team

mander of the H division dive unit has more than 20 years on the job, and she said he's "never before" encountered three such incidents in a day.

Although they had been called in, the body of a 23-year-old kayaker was spotted by an RCMP helicopter from Moncton and recovered by the local Mounties and fire department before the dive team arrived,

Corscadden said.

For the Lake Banook recovery, Corscadden said two RCMP divers, one Halifax Regional Police diver, one diver-in-training and two divers from the New Brunswick RCMP's

J division went into the lake just before 5 p.m. and recovered the body soon after.

Corscadden said the Nova Scotia dive team has four RCMP members, one Halifax Regional

Police member and two RCMP understudies.

When a call comes in for a recovery team, Corscadden said the response time is "as soon as feasibly possible," but varies depending on factors such as weather, currents, visibility, and whether the members are available, since diving is a secondary duty for all the officers.

A minimum of three divers is usually required for recovery of evidence or a person, Corscadden said: a regular diver, one standby diver "suited up," and a dive supervisor.

## IN BRIEF

### Police investigate 'possible skimming device'

A "possible skimming device" has been found on a bank machine in Dartmouth, according to Halifax Regional Police.

On Sunday around 3 p.m., police relieved a call about a device used to skim information from debit and credit cards from an ATM on Alderney Landing, police spokeswoman Const. Diane Woodworth said Monday.

"We retrieved what we're referring to as a possible skimming device until we deem ... that it is," Woodworth said.

Woodworth said the case is still under investigation, and wasn't yet able to confirm which ATM in Alderney Landing had the device.

Anyone who might have used an ATM in the Dart-

mouth building recently and is concerned about this incident could check with their bank to ensure there haven't been any "unauthorized transactions" just in case, Woodworth said. METRO

### Man charged by police in hammer attack

A 42-year-old man faces an aggravated assault charge after allegedly hitting another man with a hammer overnight.

Police said a 62-year-old man was taken to the Halifax Infirmary on Monday night after he was assaulted with a hammer on the 100 block of Primrose Street in Dartmouth.

The victim has since been released, while the suspect was scheduled to appear in Dartmouth provincial court Monday, according to police. METRO

### Sackville teen has tablet stolen at knife point

A teenage boy had his tablet stolen at knife point Sunday night in Lower Sackville.

Halifax RCMP say the 17-year-old victim was walking on a path near Sackville Cross Roads, connecting to Seawood Avenue, when a red 1990s Honda Accord pulled up beside him.

A young man got out of the vehicle, pressed a pocket knife to the boy's stomach and demanded he hand over his gym bag, with a Samsung tablet inside.

The suspect got back in the car, which it was last seen driving down Sackville Drive towards Beaver Bank Road.

There is only a limited description of the suspect, and police say the victim is not fully co-operating. METRO

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# Mail switch hitting post workers hard

## DELIVERY

### Community mailboxes installed, 55 positions cut



**Stephanie Taylor**  
Metro | Halifax

Mondays are tough for most, but this past one was particularly difficult for Nadine Kays.

Kays, a Canada Post letter carrier, spent hours wandering through Halifax's North End on her first day reassigned to a new route. Her old Clayton Park route was cut in the latest phase of door-to-door delivery reductions.

"It's upsetting to leave the route that you've done for so long, but even more I'm thinking, 'Am I going to have a job?' How far are these cuts going to take me?" she said Monday.

The 37-year-old and her hus-

band are among 55 permanent employees whose positions have been eliminated in Canada Post's ongoing switch from home delivery to community mailboxes. The change came into effect for 13,000 addresses off peninsula Halifax on Monday.

"I'm terrified. I have three small children. I care for two elderly family members. I have my husband and father-in-law, and we all rely on everybody working," Kays explained.

"It could mean everything. It could mean our home."

inated positions as surplus.

"What's the future? It'll be anybody's guess with a crystal ball," said Tony Rodgers, local president of the Canadian Union of Postal Workers, on Monday.

He added that Kays' case, in which both parents are letter carriers who have had their positions wiped, isn't unique.

Although Kays said she's known for months that hers was one of the areas to lose its door-to-door service, it never really hit until the weekend.

"You make friendships. You

**"I do love the job. I love being a letter carrier. I love the public."**  
Nadine Kays, Canada Post employee

Kays said all she knows for now is that she has been reassigned to a route in the North End for two weeks and will be shuffled around again once that ends.

Besides that, "everything's kind of up in the air" until Canada Post declares the elim-

get to know people; you get to know their families. It's hard. Very, very hard," she explained.

"Like today I'm completely lost. I don't know who the customers are.... I don't know where all mailboxes are. It's disheartening. It's sad."



Canada Post letter carrier Nadine Kays delivers mail Monday in Halifax's North End.

JEFF HARPER/METRO



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# Police take up Queen Mary 2 case

## TRAGEDY

### Crew member believed lost overboard off Newfoundland

Halifax Regional Police have taken over the investigation of the missing crew member from the Queen Mary 2.

Officers with the special investigation section are looking into the circumstances surrounding the disappearance of the 26-year-old from Chile, police spokeswoman Const. Diane Woodworth said Monday.

The crew member is suspected to have gone overboard when the cruise ship was off the coast of Newfoundland, police said.

"Because we were the next port of entry, it falls on us to investigate," Woodworth said.

The ocean liner pulled into Halifax port Monday morning.

Woodworth said it's "not common" for the force to handle an ocean matter such as this case.



Officials say foggy weather conditions hampered the search for a 26-year-old Chilean man who disappeared from the 350-metre-long cruise ship early Saturday. JEFF HARPER/METRO FILE

Police are still in the "early stages" of the investigation, Woodworth said, and couldn't yet say whether the death is considered suspicious.

The Queen Mary 2 called off the search late Saturday. Cunard cruise line said

it was abandoned after an extensive search in an area roughly 750 kilometres east of St. John's, N.L.

"Having discussed this with experts ashore there is no possibility that the crew member could have survived

this long in the water and we therefore have to presume that he died in the water," Cunard said in a statement Sunday.

"Our thoughts and prayers are with his family, which is being informed, as well as

## + BACKGROUND

Christened in 2004, the ship is 345 metres long, has 19 decks and carries 2,620 passengers.

Described by Cunard as "wonderfully grand," the ship boasts the largest dance floor at sea, a luxurious 3D cinema, a planetarium and a classical music venue.

THE CANADIAN PRESS

friends and his colleagues on board."

The company has not released the name or occupation of the missing crew member.

Search and rescue officials have said the man did not report for duty onboard the Queen Mary 2 early Saturday.

They said a search was conducted onboard the ship and when the man wasn't found, search and rescue officials were asked to look for the man at sea.

A passenger, Konstantin Binder, tweeted that Capt. Kevin Oprey turned the ship

around at 10:40 a.m. Saturday.

The tweets suggest it took several hours from that time to return to the search area.

Passengers were later called on deck and asked to look as Oprey said "every pair of eyes helps."

Conditions were foggy, hampering the search.

"There are now hundreds of passengers and crew members on Deck 7 and on the balconies keeping an eye out," Binder tweeted at the time.

Hours later, Binder said the search had failed.

"The ship is turning again," he tweeted. "We're heading towards Canada. What a sad day. A man has lost his life. RIP."

The ship was travelling from Southampton to New York.

HALEY RYAN/METRO & THE CANADIAN PRESS



**Our thoughts and prayers are with his family.**

Cunard cruise line statement

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**TOUCH UP ANOTHER COAT OF PAINT** Workers behind a black screen repaint a huge power support near the Halifax side of the MacKay Bridge on Monday. JEFF HARPER/METRO

# 'Game changers' seek call to action

## PROTEST

**Youths insist certain issues be addressed in federal election**

**Rebecca Dingwell**  
For Metro | Halifax

On Tuesday morning, a student protest will work its way from the Scotia Square mall to the Halifax Central Library. With sidewalk chalk in hand, participants will mark the streets with messages about the political issues they want addressed.

Michaela Sam, chairwoman for the Nova Scotia branch of the Canadian Federation of Students, explained Monday the demonstration will serve as a "call to action" for federal politicians.

"Student issues need to be on the map in this upcoming election," Sam said.

Those issues include student debt, youth unemployment and a plan to combat sexualized violence at the federal level. Sam also pointed to the



**Michaela Sam, of the Canadian Federation of Students, hopes to put student concerns on the map — especially those related to student debt, sexualized violence and unemployment — before voters head to the polls on Oct. 19.** METRO FILE

need for an inquiry into missing and murdered indigenous women.

While some feel students and young people are apathetic towards politics, Sam said that is nothing more than a myth.

"Students will decide who will win this election and will be coming out in numbers to the polls," she said. "It's time our federal leaders stepped up to the plate and ensure they are

addressing the issues."

To make the voting process more accessible — especially to people who are temporarily away from their riding — Elections Canada will be opening offices on university campuses.

"Students can come to polls, which will be on the Dalhousie campus as well as the Saint Mary's campus," Sam said. "Students will be able to go to those polls to vote in any riding in the country."

According to the Elections Canada website, the campus polls will be available Oct. 5-6.

"Not only tomorrow, but throughout the fall, students will be continuing to organize to ensure student issues are seen as election issues," Sam said.

**Students will be continuing to organize to get (other) students to the polls ... and ultimately prove that students will be the game changers in this election.**

Michaela Sam, chairwoman for the Nova Scotia branch of the Canadian Federation of Students

## REQUEST

# Halifax police search for missing 22-year-old man

Halifax Regional Police are asking for the public's help in finding a missing 22-year-old man.

Taylor Sampson was reported missing to police at 5:30 p.m. on Sunday, according to a news release.

He was last seen at his home on the 6000 block of South Street in Halifax at 10:30 p.m. on Saturday, and hasn't been heard from since.

Sampson is described as a white man who is about six feet five inches tall and 210 pounds, with brown eyes and short brown hair.

He was last seen wearing a tan T-shirt, brown shorts and brown boat shoes.

Police said there is nothing to suggest that Sampson has met with foul play, but it's out of character for him to not be in contact with his family or friends for this length of time.

Anyone with information on Sampson or his whereabouts is asked to call Halifax police at (902) 490-5020. METRO



**Taylor Sampson was last seen at his home on the 6000 block of South Street at 10:30 p.m. on Saturday.**

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# SMU stocks up on food

## ASSISTANCE

### University helping out community — and students

**Rebecca Dingwell**  
For Metro | Halifax

Room 526 in the Student Centre of Saint Mary's University has been loaded up with cans of tuna, boxes of cereal and bottles of juice.

Allen Wolfe, SMU's financial aid and awards officer, had been mulling over the idea of a campus food bank for about two years. In May, Wolfe decided to start working to make it a reality.

"Tuition is rising — that's for sure," Wolfe said Monday, the day the Halifax campus's Community Food Room opened to students.

"The biggest thing students underestimate is how much food is going to cost them."

The problem is especially prevalent among international students, Wolfe said, adding the hope is the food room will



**Allen Wolfe, a financial aid and rewards officer, hopes his venture will help alleviate stress across campus.** JEFF HARPER/METRO

take away some of that financial stress.

"Right now, actually, the food bank is fully stocked," Wolfe said.

In June, the alumni office put on a food drive dubbed The Hunger Games. The goal was to encourage faculty and staff to

donate food. If the full shelves are any indication, the drive was a success.

"That was a competition based on weight," Wolfe explained. "That raised 3,500 pounds of food, which is about six months worth."

Wolfe said similar drives will take place over the course of the year. The food room is run by Wolfe, SMU student Kayla Rafuse and student volunteers.

Although it has been open for less than 24 hours, Wolfe said they've already had a student

stop by. "We're pretty excited about that."

Students who want to pay a visit don't have to worry about anonymity — those in need aren't required to give their name. They will simply have to fill out a small questionnaire, detailing if they're Canadian or international, dependent or independent and if they have children.

"You'll get an anonymous identifier that you'll sign each time you come, just so we can track who's using the service," Wolfe said, "but other than that we won't (know) who the individual is."

In addition, the food room is partnering with the Dalhousie Student Union food bank. In other words, students at SMU and Dal can access services at either food bank.

## + BACKGROUND

For the rest of the summer, the food room's hours are 9 a.m. to 12 p.m. on Mondays and 1-4 p.m. on Thursdays.

## CAPE BRETON

### Plane's close call probed

The Transportation Safety Board is investigating after a twin-engine plane veered off a Cape Breton runway Sunday, coming to a stop in some trees.

RCMP say there were four people aboard the Beechcraft A100 when it made what they describe as a hard landing at the Margaree Airport shortly after 4 p.m.

Cpl. Angela Corscadden says no one was hurt after the turboprop aircraft slid off the runway.

Corscadden says a small amount of fuel leaked, but the spill was quickly contained.

She didn't know who owned the aircraft.

Julie Leroux, a spokeswoman for the Transportation Safety Board, said the aircraft sustained significant damage, but she released few other details citing the ongoing investigation.

Two investigators with the board have been sent to Margaree, along Cape Breton's rugged west coast, to assess the incident. THE CANADIAN PRESS

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ELECTION 2015

# Dogged by trial, PM stays on message

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he promised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost \$163 million over three years and \$63.4 million going forward once the overall target of 30,000 personnel is reached.

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its opposite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script; the two people to blame are Duffy and Nigel Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence

that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said.

"Those are the two issues, and this Conservative party is the only government that has answers."

Mulcair used tourist-friendly Niagara Falls to roll out a promise of \$30 million over three years to help Destination Canada attract more American visitors. He said the Conservatives have cut the Crown corporation's budget even as tourist numbers

have fallen. In Ajax, Ont., Trudeau promised a tax break for the middle class, saying those earning between \$44,700 and \$89,401 a year will see their tax rate fall to 20.5 per cent.

"We will raise taxes on the wealthiest one per cent of Canadians," Trudeau said.

The Conservatives have neglected the middle class, but that would end under a Liberal government, Trudeau told a crowd in Ajax, one of the vote-rich communities on the Toronto outskirts. THE CANADIAN PRESS



Nigel Wright, ex-chief of staff to Prime Minister Stephen Harper, arrives at the Ottawa Courthouse on Monday to continue testifying in the trial of Sen. Mike Duffy, inset. FRED CHARTRAND/THE CANADIAN PRESS

## Semantics at centre of Wright testimony

DUFFY TRIAL

### 'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words are carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach of

trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. Initially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for \$90,000.

### I felt it wasn't on the list of things I needed to check with him.

Nigel Wright

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded.

Bayne pressed on: "Duffy was not going to repay. Did you not think there was a difference between Duffy repaying and a secret repayment by Sen. (Irving)

Gerstein and others to have the (Conservative) fund repay?"

"I honestly didn't think it was that significant a difference," Wright replied. "The significant fact was that the expenses were going to be reimbursed and he wouldn't be claiming them anymore."

The veracity of Harper's public statements on the Duffy repayment and those of his spokespeople and cabinet ministers, continue to dog the Conservative leader on the campaign trail.

Harper told the Commons in June 2013, well after Wright's payment had come to light, that his former chief of staff had told no one in his office about his decision. THE CANADIAN PRESS

ANIMALS

## Dog saved from Afghanistan 'prisoner of a different war': Activist



Sadie is a Sage Koochee, extremely loyal to its pack but suspicious of strangers. TORSTAR NEWS SERVICE

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a

breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie was beloved by Feeks and the other soldiers who saved

her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders, showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after

the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths." TORSTAR NEWS SERVICE



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metr NEWS Canada

Tuesday, August 18, 2015 11



Canadian Al-Jazeera English correspondent Mohamed Fahmy says Egypt's new anti-terror bill virtually ensures that his story will play out again. THE CANADIAN PRESS/THE ASSOCIATED PRESS

# Reporters targeted in new laws

FREEDOM OF SPEECH

## Unjust system for journalists in Egypt: Fahmy

A Canadian journalist branded as a terrorist by the Egyptian government says new laws passed in the country make it likely that other reporters will meet the same fate.

Mohamed Fahmy and two of his colleagues with Al Jazeera English were jailed for more than a year after the Egyptian government accused them of supporting a rival political organization and undermining national security through their media coverage.

Fahmy says his imprisonment and two trials were governed by a set of unwritten rules that have now become official Egyptian law.

The new rules, signed into law Sunday night by President Abdel-Fattah el-Sissi, define terrorism very broadly as "any act that disturbs public order with force."

Journalists are explicitly banned from reporting news that contradicts official government statements, and people

found breaching the sweeping laws can face penalties ranging from hefty fines to lengthy prison sentences.

Fahmy says the new regulations enshrine the unjust system that's kept him in legal limbo for the past 2-1/2 years.

The laws, he said, virtually ensure his story will play out again.

"It wasn't written down in black and white. It wasn't all laid out. Now it's out in the open," Fahmy said in a telephone interview from Cairo. "It's very clear that if you don't toe the government line, you will be prosecuted."

Authorities in Egypt say the new measures will help combat Islamic militants, but international rights groups and even some Egyptian politicians and judges have raised concerns about the restrictive laws.

The 54-article bill prescribes stiff jail sentences for a range of crimes, including promoting or encouraging any "terrorist offence" or damaging state institutions or infrastructure. Some charges, such as leading or organizing a terrorist group, carry the death penalty.

THE CANADIAN PRESS/WITH FILES FROM THE ASSOCIATED PRESS

HEALTH CARE

## Costs to rise with diabetes rate: Study

A new study has determined that the average cost of health care for Canadians with diabetes is \$16,000 over eight years, compared to \$6,000 for those without the disease.

The analysis published in the journal Diabetic Medicine shows that caring for the 3.4 million Canadians with diabetes costs the health system billions of dollars each year.

Lead author Laura Rosella of the University of Toronto

says diabetes is one of the biggest public-health challenges of the 21st century because of how much it costs to manage.

The study captured health-care costs for almost three million people with diabetes from 2004 to 2012 using patient data that included hospitalizations, emergency-room visits, surgery, kidney dialysis and medications.

Rosella says the prevalence

of diabetes is expected to rise as a result of the aging population, as well as increasing rates of obesity and sedentary lifestyles.

She says it's critical that diabetes-related costs be estimated in order to properly allocate future health-care resources and to determine cost-savings from prevention strategies.

Dr. Janet Hux, chief science officer at the Canadian

Diabetes Association, says the disease decreases a person's quality and length of life and is a leading cause of kidney failure, lower-limb amputation and blindness among adults.

"Looking beyond the impact on individuals, this study documents the heavy and potentially unsustainable burden the condition poses to the health-care system," she says.

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### IN BRIEF

#### Boy writes 'sorry' to Toronto library for ripping book

A young reader looking to atone for tearing a borrowed comic book has won over Toronto library staff — and many others online — with a handwritten apology note.

The note, addressed to "Li-

brary," explains in large blue writing that a page accidentally ripped after the book fell from the bunk where the child had fallen asleep reading. The boy then writes that he's sorry and swears "it won't happen again."

THE CANADIAN PRESS



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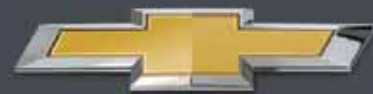
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**14** Tuesday, August 18, 2015

World **metro** NEWS

**IN BRIEF**

**U.S. launches \$5-million initiative to combat heroin use**

The White House is launching a new \$5-million initiative to combat heroin use and trafficking of the drug, particularly in states along the East Coast.

About half of the money will fund a program to link public health and law enforcement agencies, with the goal of prioritizing treatment for drug users over punishments. Monday's announcement comes amid a spike in heroin use and deaths in the United States.

The rise in heroin use has become a frequent topic in the 2016 presidential campaign. Democratic front-runner Hillary Rodham Clinton recently held a forum in New Hampshire on drug addiction, an issue she said voters have been frequently raising as she's campaigned in the early voting state.

THE ASSOCIATED PRESS

**Drunk New York man has his 10-year-old drive him home, police report**

Police say an upstate New York man had his 10-year-old drive his pickup truck while he was sitting in the passenger seat drunk.

The Times Union of Albany reports police in the Saratoga County town of Stillwater were contacted by a motorist on Saturday who saw the child driving the truck on Route 9P.

Police say officers pulled over the truck and found that the 10-year-old was behind the wheel while his father, 46-year-old John Barling of Saratoga Springs, was intoxicated in the passenger seat. THE ASSOCIATED PRESS



In this image taken from The Associated Press video, a man talks into a mobile phone after a large explosion rocked Thailand's capital city on Monday during the evening rush hour, killing a number of people and injuring others. THE ASSOCIATED PRESS

# Bomb kills over a dozen in Bangkok

**TOURIST SPOT**

**Police have not determined a motive yet**

A bomb exploded Monday within a central Bangkok shrine that is among the city's most popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive

device scattered body parts across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine. "The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris. An emergency worker



**Suddenly there was a big boom, and the whole room just shook, like someone dropped a wrecking ball on top of our ceiling.**

Pim Niyomwan

in an ambulance, frantically pounding the chest of a victim.

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national police chief Somyot Poompummuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting a

bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthorn emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

**TRIGANA AIR SERVICE**

## Wreckage spotted

An airplane with 54 people on board that crashed in the mountains of eastern Indonesia was carrying nearly half a million dollars in government cash for poor families to help offset a spike in fuel prices, an official said Monday.

Smouldering wreckage of the Trigana Air Service turboprop plane was spotted from the air Monday morning in a rugged area of the easternmost province of Papua, rescue officials said. There was no immediate word of any survivors from Sunday's crash, which happened in bad weather.

Four postal workers aboard the plane were escorting four bags of cash totalling \$468,750 in government fuel aid, Francis Haryono, the head of the post office in Jayapura, the provincial capital, told The Associated Press.

The ATR42-300 twin turboprop plane was flying from Jayapura to the city of Oksibil when it lost contact. Transportation Ministry spokesman Julius Barata said there was no indication that the pilot had made a distress call.

The cash from the Social Affairs Ministry was to be distributed among poor people in remote areas to cushion the jump in fuel costs, Haryono said.

"They were carrying those bags (of cash) to be handed out to poor people in Oksibil through a post office there," Haryono said.

President Joko "Jokowi" Widodo's administration raised fuel prices late last year and slashed government subsidies, a move the government says will save the country billions of dollars but has already sparked angry protests around the country.

The plane was carrying 49 passengers and five crew members on a scheduled 42-minute flight. Five children, including two infants, were among the passengers. THE ASSOCIATED PRESS

**PREHISTORIC FARMERS**

## Ancient mass grave reveals massacre

Scientists say they have found rare evidence of a prehistoric massacre in Europe after discovering a 7,000-year-old mass grave with skeletal remains from some of the continent's first farmers bearing terrible wounds.

Archaeologists who painstakingly examined the bones of some 26 men, women and children buried in the Stone Age grave site at Schoeneck-Kilianstaedten, near Frankfurt, say they found blunt force marks

to the head, arrow wounds and deliberate efforts to smash at least half of the victims' shins — either to stop them from running away or as a grim message to survivors.

"It was either torture or mutilation. We can't say for sure whether the victims were still alive," said Christian Meyer, one of the authors of the study published Monday in the journal Proceedings of the National Academy of Sciences.

THE ASSOCIATED PRESS

**SOUTH AFRICA**

## Pistorius prosecutors file appeal papers

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel



**Oscar Pistorius** THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

of judges at the Supreme Court to overrule a decision

by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

He was sentenced to five years in jail, but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' months-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

THE ASSOCIATED PRESS



## JAPAN

## Weak demand slowing recovery

Japan's recovery stalled in the April-June quarter, with the world's third-largest economy contracting at a 1.6 per cent annual pace thanks to feeble consumer and corporate demand and slowing exports.

The dismal data reported Monday was expected, based on earlier reported figures, but it raises the likelihood the central bank may opt for fresh stimulus measures in coming months.

It also comes at an awkward time for Prime Minister Shinzo Abe, who has championed a strategy of heavy monetary stimulus to help push prices higher and drive a "virtuous cycle" of stronger consumer spending and corporate investment. Abe has seen his popularity ratings slip following damaging legislative skirmishes over his proposals to expand the role of Japan's self-defence force and could use some positive news on the economic side.

But heavy rains in the spring and early summer are thought to have discouraged a g e d s h o p p e r s . Demand for autos has also slumped following a

# 1.7%

**Private consumption, the biggest driver of growth, fell 1.7 per cent despite an 8 per cent increase in residential investment.**

tax hike for smaller cars. As China's economy has slowed, its demand for exports has also lagged.

Economy Minister Akira Amari, however, acknowledged inadequate progress toward getting companies to use their surging corporate profits to raise wages and domestic investment — a priority seen as vital to a sustainable recovery.

"Improving private consumption is crucial," he said.

Amari shot down speculation that Japan was planning further stimulus to spur growth.

"We have no such intention," he said.

The government did revise upward its estimate for growth in the January-March quarter, to 4.5 per cent from 3.9 per cent.

The Bank of Japan, whose lavish monetary easing is pumping trillions of yen (hundreds of billions of dollars) into the economy through purchases of government bonds and other assets, has persisted in forecasting a rebound later in the year.

THE ASSOCIATED PRESS

# Greek government likely to face confidence vote

## BAILOUT DEAL

## About-face on austerity has angered party lawmakers

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro (\$93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented.

Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early elections may also be necessary in light of the political instability.

The government has said its current priority is securing the bailout funding, which it needs by Thursday to meet a



A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins.

GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

large debt repayment to the European Central Bank, and that any further decisions on the political situation will be taken from then on.

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous international bailouts.

Instead, after months of floundering negotiations

**I consider it self-evident, after the deep wounding of the parliamentary majority ... for there to be a move that at least approaches the issue.**

Energy Minister Panos Skourletis

with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis

Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a previous bailout-related vote — and another 12 left-wing

politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

THE ASSOCIATED PRESS

## TRAVEL

## Indian airline buys 250 jets from Airbus

Budget airline IndiGo, India's largest domestic carrier, finalized an exceptionally large order for 250 single-aisle Airbus A320neo jets on Monday to keep up with rapid growth in the country's air travel.

Airbus called it the biggest order by number of jets that it had ever received.

At list prices, the jets would cost \$26 billion US, though customers usually negotiate discounts.

Several Asian low-cost carriers

are building up fleets amid growing demand, and both Airbus and rival Boeing Co. have been wooing Indian airline companies.

India is expected to become the third-largest aviation market globally by 2020, with the number of airline passengers tripling to some 450 million trips per year, as an expanding middle class trades up from slow train journeys to taking planes.

THE ASSOCIATED PRESS

## market minute



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**NATURAL GAS:** \$2.728 US (-7.3¢)  
**DOW JONES:** 17,545.18 (+67.78)

## HEDGE FUNDS

## Citigroup affiliates settle SEC charges

Two Citigroup Inc. affiliates have agreed to pay \$179.5 million US to resolve U.S. federal regulators' charges of misleading investors in hedge funds that later collapsed.

The Securities and Exchange Commission (SEC) announced Monday the settlement with Citigroup Alternative Investments, a subsidiary of the bank, and Citigroup Global Markets, an affiliated company. The amount they're paying — \$139.9 million US plus \$39.6 million US

in interest — will be returned to investors in two hedge funds managed by the firms.

The SEC said the firms sold securities in two hedge funds from 2002 to 2007, raising nearly \$3 billion US from mostly wealthy investors or institutions. The agency says the fund managers falsely told prospective investors they were low-risk and similar to bonds.

The hedge funds collapsed in 2008 during the financial crisis.

THE ASSOCIATED PRESS



## metro's election explainer

# The Tories have made voting a trickier task for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

### The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.

- **Voter-info cards:** Voters were allowed on election day 2011 to present the

info cards they received in the mail from Elections Canada as valid ID. The Fair Elections Act puts an end to that too. Each voter is now required

to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't

have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.



### The potential impact

The lawyer who led a so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year.

### The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: [readers@metronews.ca](mailto:readers@metronews.ca)

# Shared-ride services needed for rural areas

## YOUR RIDE

Erica Butler



One of the big changes on the table in Halifax Transit's draft route plan is the abandonment of our Community Transit routes — the 400 series — in favour of concentrating resources within the urban service boundary.

As unfortunate as this seems for some of our rural neighbours, it does make a certain amount of sense.

The Halifax Regional Municipality is big. In a place the size of Prince Edward Island, it's just not practical to have scheduled bus service covering small rural communities.

Not to mention that right now, Halifax Transit's "Community Transit" is really just a crappy version of conventional bus service, with at least an hour be-

tween buses on a handful of stops, and only a dozen or fewer round trips per day.

By serving rural communities with services set up for urban communities, we don't do anyone any favours.

But that doesn't mean our rural communities shouldn't have access to subsidized transit services. Rather, it means they need a different kind of service, based on their actual transportation needs.

Since 2013, there's been a much more practical version of community transit up and running on the Eastern Shore. MusGo Rider serves residents from East Preston, Lawrencetown, and Echo Lake eastward to Ship Harbour, with shared ride, door-to-door service. Users call the day before to book a ride, and get picked up and dropped off anywhere they choose, all starting at \$7 (for trips up to 15 kilo-

metres).

If Halifax Transit's plan to end our current Community Transit routes goes ahead, the need for services like MusGo will grow.

Jessie Greenough, executive director of MusGo, says she's not sure if the small co-op will have enough capacity to look after the current users of route 401, or if those riders will be willing or able to pay higher fares.

That means that as we focus our regular bus service within our urban service boundary, we should continue and even increase our collective support for initiatives like MusGo Rider.

Let's help get this easily scalable, community-driven model working in other rural communities within HRM, and help current services keep their fares as low as possible.

Fortunately, MusGo is now studying a potential expansion into Sheet Har-

**By serving rural communities with services set up for urban communities, we don't do anyone any favours.**

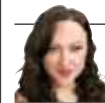
bour. And in September, residents of the St. Margaret's Bay Area will be able to rely on BayRides for a similar service within their community.

We can safely say good riddance to Halifax Transit's version of Community Transit, as long as we can rely on growing shared-ride services like MusGo in our rural communities.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter at @HabitatRadio.

## metroview

# We're going off the rails on a Schumer train



Liz Beddall  
Metro|Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively

promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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**PHILOSOPHER CAT**  
by Jason Logan

THE CRUELEST LIES ARE OFTEN TOLD IN SILENCE.

ROBERT LOUIS STEVENSON





**Clinical psychologist Jason Moser** G.L. KOHUTH

## PSYCHOLOGY

# Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused

and reduced their anxiety.

“Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious,” says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand

out from others like them, the research team’s game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

“There have been other studies of video game-type interventions for anxiety,” says Moser,

“but none have used a specific and simple game that targets distraction.”

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind.

AFF

# Tetris blocks addiction: Study

## RESEARCH

## Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international,

peer-reviewed journal Addictive Behaviors.

“Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent,” says co-author Jackie Andrade of Plymouth University in the U.K.

“This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating.”

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students’ cravings, reminding them by text message seven times a day to report to the researchers any cravings and

whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants,

15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, cigarettes,

wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

“The impact of Tetris on craving was consistent across the week and on all craving types,” says co-author Jon May, also of Plymouth University.

“People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

“This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it,” says May. AFF



**People played the game 40 times on average but the effect did not seem to wear off.**

Jon May, Plymouth University researcher





# WHO picks Toronto MD for global role

## PREVENTATIVE MEDICINE

### Doctor to guide women's cancer care in developing nations

A Canadian oncologist has been appointed by the World Health Organization to help create guidelines and programs to provide earlier diagnosis and treatment of cancers that are killing more women in developing countries each year.

Dr. Ophira Ginsburg, a clinician and researcher at Women's College Hospital in Toronto, takes on the new role in Geneva on Oct. 1.

Ginsburg said she's honoured to be chosen for the new post, especially since it's been her lifelong dream to work on programs that can improve the lives of women and girls around the world.

"I would like to play a part in guiding the World Health Organization, our partners and the countries that are asking for our advice to serve the needs of the hundreds of thousands of women who each year die unnecessarily of breast and cervical cancer," she said in an interview.

Much of her work will involve working with a team to help build cancer-control programs for women in low- and

middle-income countries, who have an elevated risk of dying from breast or cervical cancer compared to women in developed countries.

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO," Dr. Paula Rochon, vice-president of research at Women's College, said in a statement.

"Dr. Ginsburg will be involved in an important initiative to help build policy and programming for women's cancers, an area that she has been passionately dedicated to through her research and advocacy work."

In low- and middle-income countries, breast cancer is a rapidly growing problem, said Ginsburg, primarily because women are increasingly adopting a westernized diet and sedentary lifestyle that promote obesity — a major risk factor for breast cancer.

Cases of cervical cancer — mostly caused by infection with human papillomavirus, or HPV — are also rife in these countries, where routine PAP screening to pick up precancerous lesions is often unavailable.

According to 2012 WHO statistics, breast and cervical cancer claimed the lives of almost 790,000 women worldwide, with the majority of deaths occurring in young women in low- and middle-income countries.

## URGENT NEED

Most developing countries don't have the health-care infrastructure in place to provide routine testing for early diagnosis of breast or cervical cancer.



Oncologist Dr. Ophira Ginsburg, a researcher at Women's College Hospital, has been appointed to a major new post at the World Health Organization in Geneva. CONTRIBUTED

Research has shown that extreme poverty, compounded by gender inequity, often limits a woman's ability to seek care.

In 2013, the WHO launched the Global Action Plan for the Prevention and Control of Non-communicable Diseases, which aims to reduce premature death from cancer, cardiovascular disease, diabetes and chronic respiratory diseases by 25 per cent by 2025. More than 90 per cent of early deaths from these diseases occur in developing countries and are largely pre-

ventable.

Ginsburg, who has led breast-cancer research projects in Bangladesh, said she also hopes to partner with international agencies working on HIV-AIDS, a disease that has ravaged parts of Africa and South Asia and compromises the prognosis of women also infected with HPV.

"If you are HIV-positive and you are infected with HPV, you're much more likely to develop invasive cervical cancer and die from it," she said.

THE CANADIAN PRESS

## WELLCOIN

### New app pays you to get fit (and sleep!)

When you're trying to start an exercise routine, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free; iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviours can help create lasting lifestyle changes," says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham & Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will ramp up as you use the app.

"Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel. "We recognize that everyone makes many healthy choices every day. We meet folks where they are today, and help them step forward to create new healthy habits for themselves."

**How it works:** Do something good. Tell Wellcoin. Profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's built-in accountability) so you get more points than just by claiming you took the stairs instead of the elevator. The app integrates with more than 200 others that track exercise, nutrition and more to keep you earning Wellcoins.

**Beyond exercise:** It's not just working out that gets rewarded. There are hundreds of activities that earn Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive checkups (even vet visits for your pets). Ditched your daily Diet Coke for a water with lemon? That counts!

Activities are worth between 1 and 180 Wellcoins, which are awarded based on several factors, including a time element that works both now (how long you spent doing the activity) and later (what is its impact on your health in the long term).

**What can you get:** The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre to reward its members for completing healthy activities. Wellcoins can be used through the app's marketplace for everything from gear (the Puma Pulse XT Geo Women's Training Shoes for 20,000 Wellcoins) to discounts (\$10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

**Why it works:** The benefits of a healthier lifestyle can take a long time to appear, or produce intangible results — does the

prospect of a daily green juice have you dancing to the groove of the blender? Probably not. Wellcoin provides immediate rewards, not just through the free wellness swag but also a community of supporters all making the same small changes and cheering each other on.

EVA KIS/METRO IN NEW YORK



**“We are delighted to have one of our very own scientists take on this prestigious new position at the WHO.”**

Dr. Paula Rochon, VP of research at Women's College

## PHARMACEUTICALS

### Female Viagra could win FDA approval

A small drugmaker from North Carolina may succeed next week where many of the world's largest pharmaceutical companies have failed: in winning approval for the first drug to boost women's sexual desire.

The husband-and-wife team that founded Sprout Pharmaceuticals is not new to the pharmaceutical business or even to marketing drugs to people frustrated with their sex lives. The couple's previous company, Slate Pharmaceuticals, sold an implantable testosterone pellet to men with low levels of the

hormone.

But Slate's marketing push ran afoul of federal rules, making misleading, unsupported statements about the benefits of testosterone therapy while downplaying risks. In fact, when the Food and Drug Administration held a meeting examining the overprescribing of testosterone last year, it played Slate's commercial as an example of inappropriate marketing.

That record worries Sprout's critics, who see a troubling pattern in the aggressive tactics

it has used to urge the FDA to approve the women's desire drug, which was previously rejected twice because of lacklustre effectiveness and side effects such as nausea, dizziness and fainting.

The search for a pill to increase women's libido has been something of a holy grail for the pharmaceutical industry since the blockbuster success of Viagra for men in the late 1990s. Pfizer, Bayer and Procter & Gamble all studied — then abandoned — potential treatments for female

sexual desire disorder.

Sprout "already has a history of unethical marketing," said Dr. Adriane Fugh-Berman of Georgetown University. "If approved, I think this drug will be widely prescribed, and we would see an epidemic of adverse effects."

After a year of lobbying by Sprout-backed supporters, the drug won a surprising 18-6 recommendation from a panel of FDA advisers in June. The FDA is scheduled to make its decision on the drug by Tuesday.

THE ASSOCIATED PRESS

Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**SIX@6 LAST NIGHT:**

- 6 R. City ft Adam Levine  
Locked Away
- 5 Ed Sheeran  
Photograph
- 4 Jason Derulo  
Cheyenne
- 3 Selena Gomez ft ASAP Rocky  
Good For You
- 2 The Weeknd  
Can't Feel My Face
- 1 Demi Lovato  
Cool For Summer

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# Indie summer listening

Too busy to keep up with this year's indie releases? Now that the summer heat has slowed you down, we've got five albums that'll keep you cool whether beachfront, poolside or on a road trip. **AFP**

## Wolf Alice *My Love is Cool*

This debut album was one of the year's most-anticipated for indie fans, many of whom had become well-acquainted with the North London alternative rock band through touring and EPs.

Released in June, the debut spotlights singer Ellie Rowsell on an album of youthful rock 'n' roll.



## Sufjan Stevens *Carrie & Lowell*

The U.S. singer-songwriter-instrumentalist always gets the indie world chatting when he releases new music, and his latest, the March album *Carrie & Lowell*, did just that and also drew praise as one of his best.

The intimate album sees him return to his folk roots.



## Belle and Sebastian *Girls in Peacetime Want to Dance*

The Scottish indie pop band released its latest album early this year — five years after its previous LP. A greater focus on pop characterizes this latest, which ventures into nu-disco for an album that seems to have the dance floor in mind.



## Father John Misty *I Love You, Honeybear*

American folk musician Josh Tillman, previously of Fleet Foxes, released his second album under his moniker Father John Misty in February. The album's songs are at once plaintive, cynical and ironic and see Tillman delve into his own personal life and relationships.



## Courtney Barnett *Sometimes I Sit and Think, Sometimes I Just Sit*

After building buzz via live shows and two EPs, the Australian singer-songwriter released her debut album in March to critical acclaim. With lyrics and music that is a clear nod to 1990s grunge, she recounts rather ordinary tales of daily life.



### FM RADIO

## Tune in on your smartphone

### SOUND CHECK

Alan Cross



Your smartphone contains four radio devices. The first deals with cellular data; the second allows you to connect to Wi-Fi; the third handles Bluetooth; and the fourth lets you listen to FM radio.

Wait. What?

That's right. Many millions of smartphones — including virtually every iPhone and all of Samsung's Galaxy phones — come with an FM chip installed at the factory. It's just that most manufacturers have never turned the chip on. But that's starting to change.

AT&T recently announced that they're going to join Sprint in firing up the chips in Android phones on their networks as part of a deal with NextRadio, an initiative being pushed with great gusto by Emmis, the second-largest radio broadcast group in the U.S.

Before you write this off as a mere FM tuner in your phone like you may have seen in older MP3 players (Microsoft's Zune had one of these), SmartRadio is much different. And it's also different from the kinds of apps you might have downloaded for your favourite radio stations.



**Your iPhone contains an FM chip that, once active, could unleash free radio.** GETTY IMAGES

This app combines over-the-air FM broadcasts with an Internet connection to create a very interactive listening experience. Users can view artist details, album art, information about songs, share favourite songs on Facebook and Twitter and interact with the station itself. And it looks fantastic.

The best part? You can listen to this programming without blowing through your data caps. After all, you're not listening to an Internet stream. Only the interface consumes data — and it sips rather than gorges. Plus battery life is extended.

This, of course, is why a lot of telcos aren't keen on activating the FM chip. If people can listen to music for free, subscribers won't use as much data and, of

course, no one wants to jeopardize a revenue stream.

But broadcaster groups will not let up in their lobbying. The industry desperately wants the FM chip activated so that old-school radio will be in a device that's been robbing it of listeners. They also point out that in the event of an emergency — let's say a power grid problem that interferes with mobile phone networks — the FM chip could turn out to be of incalculable value.

At the moment, NextRadio is only available on Android phones, but the iPhone contains the Murata 339S0228 chip that's just waiting to be turned on, providing local alternatives to Beats 1.

What are the chances of that happening? Yeah, I thought so.

## June Bug Domestic Medium Hair

Eight-year-old June Bug is a statuesque beauty who was found as a stray in the Halifax area. While she is shy in the shelter setting, she is responsive when petted... loving a back rub and little scratches on her forehead. She is relaxed and trusting, stretching to make sure you pat her from all sides. June Bug is a happy house cat who somehow ended up outdoors.

**She is at the shelter waiting patiently to be whisked away to her new forever home.**

For more information on **June Bug** and other adoptable furry friends, visit [www.pas.spcans.ca](http://www.pas.spcans.ca) or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or [info@pas.spcans.ca](mailto:info@pas.spcans.ca)

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# Hall, McDavid fast friends

NHL

## Top pick of '10, '15 drafts skate together for first time

Connor McDavid is finally playing with his Edmonton Oilers teammates — well, two of them.

The No. 1 overall pick in the 2015 NHL draft joined Oilers teammates Taylor Hall and Darnell Nurse on Monday at a practice for a pre-season mini-tournament in midtown Toronto.

It was the first time future linemates Hall and McDavid skated together, and the young centre's skills were immediately apparent to the Edmonton left-winger.

"He's got a lot of foot speed," said Hall. "He seems to glide faster than most guys skate in full speed. It's fun to be out here with him. Fun to hang around him and hopefully make him feel more comfortable for what he's got in store."

McDavid was taken first overall by the Oilers on June 26 after dominating the Ontario Hockey League. He scored 44 goals and added 76 assists during the regular season for the Erie Otters despite missing time with a broken hand. McDavid was even better in the playoffs, averaging more than two points a game with 21 goals and 28 assists in 20 games.

Like Hall, McDavid was impressed by his new teammate's speed.

"It's very exciting to play with him," McDavid said. "Obviously, he's a great player and I got a better sense of how fast he is. You watch him on TV but it's a



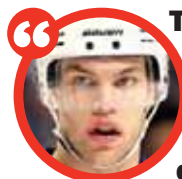
Connor McDavid is coming off a post-season campaign in which he posted 21 goals and 28 assists in 20 games with the OHL's Erie Otters. JASON FRANSON/THE CANADIAN PRESS

whole different story live."

Although Hall was the top selection at the 2010 NHL draft, he says there's no comparing his experience with that of the highly touted McDavid.

"He's been through so much already with all the hype that he's had to endure," said Hall. "I wasn't anywhere close to that. I was the first overall pick but at the same time it wasn't anything like what Connor's experiencing."

"Our job in Edmonton is not only to play well with him but



**The one thing about Edmonton is we've always had some pretty good forward depth ... With Connor coming in that doesn't change.** Taylor Hall

make sure he's comfortable because that's going to allow him to play his best."

McDavid will have a familiar face on the Oilers in Nurse, a former junior rival.

Nurse and McDavid often tangled with each other in the OHL. Nurse, a defenceman with the Sault Ste. Marie Greyhounds, had a physical Western Conference final against McDavid's Otters,

with Erie eventually winning in six games.

That old animosity has already been set aside this summer, with the defenceman and centre hitting it off at the pre-season tournament.

"We were sitting beside each other in the room in there and we were laughing and having good times," said Nurse. "It's a lot more fun than going into a corner and trying to cross-check him and run him through the boards." THE CANADIAN PRESS

MOOSEHEADS

## Herd trim camp roster to 32 players

The Herd have cut 14 players from their training camp roster.

Halifax Mooseheads general manager Cam Russell announced the releases Monday morning, following two week-end exhibition game losses to start the QMJHL club's pre-season schedule.

The cuts include forwards Sam Leblanc and Brandon Vuic, which means the three overage players on the upcoming season's roster will be goaltender Eric Brassard, along with forwards Kelly Bent and Danny Moynihan, according to a team news release.

Local players heading home include goaltender Kirklin Allen of Stillwater Lake, netminder Ryan Huestis of Wellington, defenceman Nicholas Gibson of Halifax, forward Ryan MacDonald of Middle Sackville and forward Drew Packman of Halifax.

There are now 32 players left on the Herd's roster for training camp, which continues this week at Cole Harbour Place.

Go to [halifaxmooseheads.ca](http://halifaxmooseheads.ca) for more information. METRO

## IN BRIEF

### MayPac fight denouncers to see California judge

Plaintiffs who say the May 2 Las Vegas fight between Manny Pacquiao and Floyd Mayweather Jr. was a fraud and they deserve their pay-per-view money back will argue their cases in front of a federal judge in California.

Judge R. Gary Klausner, the same judge hearing arguments in cases filed against the Sony movie studios related to that company's computer hacker attack last year, will decide if the cases are granted class-action status before any trial proceeds.

At least 32 lawsuits had been filed as of mid-May in California, Nevada, Florida, Illinois, Maryland, New Jersey, New York and Texas. Several more appear to have been filed since.

THE ASSOCIATED PRESS

MLB

## Blue Jays demote Hutchison

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

9.00

Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a

half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday.

THE CANADIAN PRESS



Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE



## FOOTBALL

## College union bid blocked

The National Labour Relations Board on Monday blocked a historic bid by Northwestern University football players to form the nation's first college athletes' union, dealing a blow to a labour movement that could have transformed amateur sports.

In a unanimous decision, the board said the prospect of having both union and nonunion teams could lead to different standards at different schools — from the amount of money players receive to the amount of time they can practice — and create competitive imbalances on the field. The ruling dismissed a stunning decision in March 2014 by a regional NLRB director in Chicago who said football players with scholarships are effectively school employees and entitled to organize. But Monday's decision did not directly address that question.

The face of the union drive, former Northwestern quarterback Kain Colter, expressed disappointment in the ruling. But he said the unionization drive pressured the NCAA to take athletes' grievances more seriously.

"Once we started this movement, within one year, things started changing," he said. "It turned out to be the right thing to do, and I don't regret it."

Northwestern welcomed the ruling, and its vice-president for university relations, Alan K. Cubbage, praised pro-union players "for bringing national attention to these important issues."

The labour dispute goes to the heart of American college sports, where universities and conferences reap billions of dollars, mostly through broadcast contracts, by relying on amateurs who are not paid. In other countries, college sports are small-time club affairs, while elite youth athletes often turn pro as teens.

THE ASSOCIATED PRESS

# Benteke boosts lucky Reds

## PREMIER LEAGUE

## Contentious goal hides cracks against plucky newbies

Christian Benteke scored his first Premier League goal for Liverpool on Monday to give his new team a 1-0 win over promoted Bournemouth in a game that was marked by two disputed refereeing decisions. Benteke met a cross at the far post for an easy tap-in in the 26th minute, although the goal was questionable as Philippe Coutinho had tried to reach

## MONDAY In Liverpool



the ball first from what was a clear offside position.

Benteke was bought from Aston Villa in the off-season to provide more of a presence up front for Liverpool, and the Belgium striker also hit the bar from close range in the 90th minute.

"It's a good debut for myself and for the team," Benteke said. "It's a great feeling, it's important for the confidence."

Bournemouth fell to its second straight 1-0 loss to start the season after having an early goal ruled out, when Tommy Elphick was adjudged to have fouled Dejan Lovren before heading the ball into the net.

"For me it's a goal," said Bournemouth manager Eddie Howe. "He's competing and wrestling, but if that's a free kick we're going to be seeing a free kick given every time there's a corner."

The Liverpool goal, meanwhile, was allowed to stand despite Coutinho seemingly interfering with play from an offside position. Jordan Henderson swung in a cross from the left and Coutinho tried to

get his foot on the ball but missed — freezing goalkeeper Artur Boruc and leaving Benteke free at the far post to tap into an empty net.

Under new rules implemented for this season, players can be flagged for interfering with play even if they don't touch the ball.

"Under the new rules that's clearly offside. Clearly our goal-

**Christia Benteke scores his first Liverpool goal**

CLINT HUGHE/  
THE ASSOCIATED PRESS



affected by the movement in front of him," Howe said.

"It was hugely frustrating for us tonight. ... The big decisions have gone against us."

Liverpool also won 1-0 at Stoke in the opening round and is one of four teams with six points from the two opening rounds, along with both Manchester clubs and Leicester.

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**SOCCER BILBAO COMPLETE SHOCK SUPER CUP ROUT OVER BARCA** Athletic Bilbao's Gorka Elustondo muscles Lionel Messi off the ball during the second leg of the Spanish Super Cup at the Camp Nou in Barcelona on Monday. Athletic Bilbao ended a 31-year trophy drought with a 1-1 draw at Barcelona on Monday, claiming the Spanish Super Cup with a 5-1 aggregate victory over the reigning European and La Liga champions. EMILIO MORENATTI/THE ASSOCIATED PRESS

## NCAA &amp; NFL

## Popularity of virtual reality training on rise

Mississippi quarterback Ryan Buchanan straps on a headset that covers his eyes, and instantly, he sees a scene that looks like a video game, all set from his perspective.

In about a minute, he runs through a handful of plays, checking his receivers, deciphering defensive coverages and making split-second decisions about where to throw the football.

And just like that, practice is over. "I felt like I was in the future putting this thing on — something that you would see

on TV shows," Buchanan said with a wide grin.

Getting a few "mental reps" has never been easier at Ole Miss: The Rebels are one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology to help supplement work on the field.

Buchanan is one of three Ole Miss quarterbacks fighting for the starting job this fall. Part of their off-season regimen has been 10 tests on the simulator that include 20 plays each.

When it's time for the test, Buchanan can look around just



**I felt like I was in the future putting this thing on.**

Mississippi QB Ryan Buchanan

like in real life, with a complete 360-degree field of vision. He hears the play call from a coach or another player and then checks the formation and reads the defence pre-snap. After the ball is snapped, he watches how the defence reacts and then

turns his head to the player he wants to receive the ball.

If it's the right choice, the ball flies through the air and connects with the receiver. If not, the simulator informs the QB a wrong decision has been made.

Ole Miss is using a program developed by EON Sports, which is a subsidiary of EON Reality based in California. UCLA, Kansas, the Tampa Bay Buccaneers and about 100 high schools are among EON's clients. Brendan Reilly — the company's 28-year-old CEO — says interest has been high. THE ASSOCIATED PRESS



**Mississippi QB Ryan Buchanan uses a virtual reality headset to make football play decisions. Ole Miss is one of a growing number of football programs in the NCAA and NFL dabbling in virtual reality technology** ROGELIO V SOLIS/THE ASSOCIATED PRESS



## RECIPE Chicken Enchilada Won ton Cups



### EAT LIGHT AT HOME

**Rose Reisman**  
[rosereisman.com](http://rosereisman.com)

[@rosereisman](https://twitter.com/rosereisman)

These "pop in your mouth" appetizers are delicious and can also be served as a light lunch with a side salad. Makes 12 cups.

### Ready in

Prep time: 15 minutes  
Cook time: 13 minutes

### Ingredients

- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

### Directions

**1.** Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.

**2.** In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

### Nutrition per serving

- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

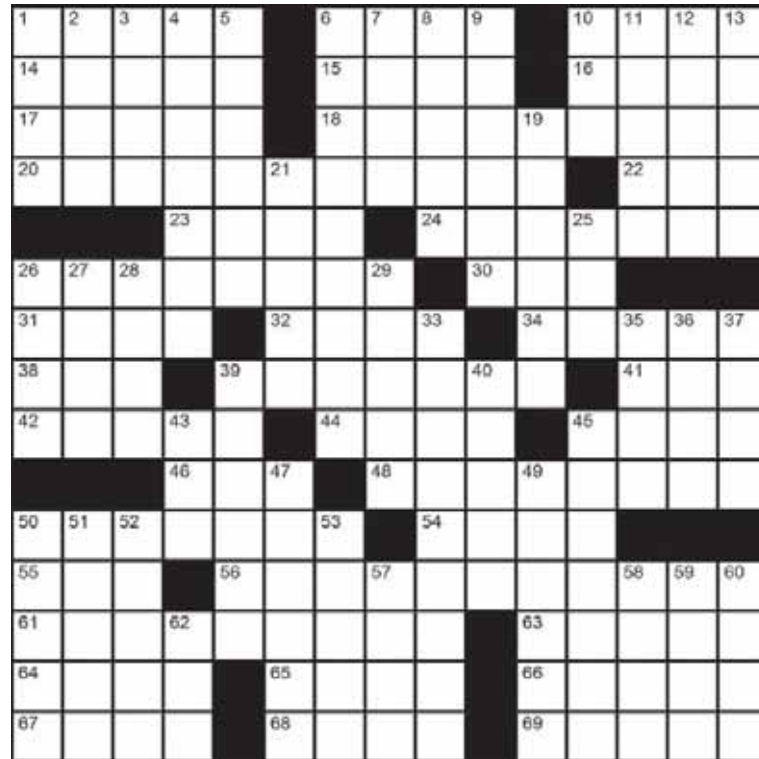
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

1. 8th Greek letter
6. Newspaper piece
10. Some slitherers
14. Got word
15. \_\_ Strauss & Co.
16. Country legend Mr. Atkins
17. Boo-boo
18. 'No jeans' policy: 2 wds.
20. Quebec's provincial tree: 2 wds.
22. Mr. Tolkien
23. Faux-teller
24. University fee
26. Became less tolerable: 2 wds.
30. Patch up
31. Do as Simon says
32. John Keats creations
34. Egyptian water lily
38. \_\_ Tin Tin
39. Super enthusiastic
41. Andy Capp's wife
42. Montreal subway
44. Ciriaco dell'\_\_ (Dog breed)
45. Bash
46. Advantages
48. Unique
50. Casablanca's locale
54. Hospital readout
55. Mr. Vigoda
56. Frightful forest in the Anne of Green Gables story: 2 wds.



61. Billowy bed blanket
63. Avant-\_\_
64. TV producer Norman
65. Soprano's solo song
66. Saskatchewan village between Regina and Saskatoon

67. Spot
68. Church's sounder
69. Overbrims

### DOWN

1. 1970 Carpenters hit: "(\_\_ Long to Be) Close to You"
2. Roll call re-

- sponse
3. "My Name Is \_\_"
4. Streetcar
5. Skillful
6. Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.

7. Actress Ms. Gilpin
8. Tennis ace, Chris \_\_
9. \_\_ Throw (Decathlon event)
10. T.O. Raptors home venue
11. Screen in Japanese decor

12. Peter, in Spain
13. Shock jock Howard
19. Canadian \_\_ (Region of rocks)
21. Kind of mackerel, shrub or joyful shout
25. Deuce
26. Earth crawler
27. Off-Broadway theatrical award
28. Monthly apartment money
29. Mr. Ginchich's
33. Left-handed
35. Non-stick pan brand
36. Uma's role in "The Producers" (2005)
37. Glide
39. Boss
40. \*NSYNC-er Mr. Bass
43. Duran Duran hit
45. Boat's upper edging
47. Sacred beetle
49. Techie device
50. Twin-crystal
51. Some instruments
52. Do cartography work again
53. Eccentric
57. Actor, \_\_ Patrick Harris
58. "Be Quick \_\_ Dead" by Iron Maiden
59. Lamar who married Khloe Kardashian in 2009
60. Mountain \_\_ (Some soft drinks)
62. Cook with a pan

## \* IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

**Taurus** April 21 - May 21  
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

**Gemini** May 22 - June 21  
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

**Cancer** June 22 - July 23  
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

**Leo** July 24 - Aug. 23  
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

**Virgo** Aug. 24 - Sept. 23  
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

**Libra** Sept. 24 - Oct. 23  
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

**Scorpio** Oct. 24 - Nov. 22  
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

**Sagittarius** Nov. 23 - Dec. 21  
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

**Capricorn** Dec. 22 - Jan. 20  
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

**Aquarius** Jan. 21 - Feb. 19  
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

**Pisces** Feb. 20 - March 20  
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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